

**Abstract**—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary, middle-aged men. The subjects were randomly assigned to a control group (CON) and an exercise group (EX). The EX group performed a 10-week training program consisting of 3 sessions per week of 30 min of aerobic exercise at 70% of their maximum heart rate. The CON group did not exercise. The HR and HRR were measured at rest and during a maximal exercise test at baseline and after 10 weeks. The EX group showed a significant decrease in HR at rest and during maximal exercise, and a significant increase in HRR at rest and during maximal exercise, compared to the CON group. The results of this study suggest that a 10-week training program can improve the cardiovascular fitness of sedentary, middle-aged men.











# Control by United Nations Group Might Forestall Race to the Antarctic

It is possible to place the relatively "free areas" of the world under United Nations control now, thereby forestalling the first tiny foothold of world government in practice.

**Place Your Orders Now For Thanksgiving TURKEYS**  
All Sizes  
**Moore Bros.**  
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**VISIT.....BYERS' TOYLAND**

Do Your Christmas Shopping Early

We Have Many Gifts for All the Family

Toys for the Kiddies

Christmas Cards, Seals & Decorations

Use Our Layaway Plan

**BYERS' TOYLAND**

Upside Over Byers' Drug Store

117 W. Second St. Phone 535

**Thanksgiving!**

Thanksgiving dinner, served in the customary way with turkey, stuffing and all the trimmings, is a great American tradition. **ADMIRATION COFFEE**, too, is served in a tradition—the tradition of fine quality. Complement the succulent taste of your holiday meals—serve "Cup-Tested" **ADMIRATION** for perfection in flavor, aroma and richness. Make Thanksgiving dinner truly complete with **ADMIRATION**—the coffee that is personally "Cup-Tested" by taste to assure you the same perfect blend—package after package.

**Old "CUP-TESTED" COFFEE**

FOR FLAVOR... FOR AROMA... FOR RICHNESS

**ADMIRATION COFFEE COMPANY**... ROASTERS ALSO OF MARYLAND CLUB AND BRIGHT AND EARLY COFFEES

# Greece to Appeal to UN for Aid in Border Fighting

Athens, Nov. 20.—The foreign office announced today that it would appeal to the United Nations for assistance as a week-old battle in the Siro-Nissa sector saved across a mountain range and hit-and-run raids continued at other points.

**Oil Dealers Favor Auto Tax Going Into Highways**

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# Atlantic City Brings Gridders to Arkansas

By ED FITE

Fayetteville, Nov. 20.—(UP)—There would seem to be little connection between the famed Atlantic City Misses and the University of Arkansas football team in a decade or two.

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# Piggott Man Is Named Grand Master Mason

Little Rock, Nov. 20.—(AP)—John W. Hamilton, Piggott, was elected Grand Master of the Grand Lodge of Arkansas today.

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**MEALS TASTE BETTER WHEN YOU SERVE**

**BLUE RIBBON BREAD**

AT YOUR GROCERS AND CITY BAKERY

**Jane Parker Breakfast Rolls**

**AP SUPERMARKETS**

Heat the Family to Some Thing Delicious! Different for Breakfast! 17¢

**Other Jane Parker Favorites**

**Niblets Corn**

**Del Maiz Cream Style CORN**

**JANE PARKER POUND CAKE** 25c

**NABISCO GRAHAMS** 1 lb. box 26c

**NABISCO RITZ** 1 lb. box 31c

**WHITE HOUSE MILK** 3 Tall cans 38c

**A & P APPLE SAUCE** No. 2 can 19c

**SULTANA FRUIT COCKTAIL** No. 2 1/2 can 37c

**RAINBOW Sweet Gherkins** 16 oz. jar 33c

**JANE PARKER FRUIT CAKE** 1 lb. 72c

**IONA - MEDIUM SIZE PEAS** No. 2 can 15c

**SUNNYFIELD FLOUR** 50 lb. sack 3.17

**MEAT - FISH - POULTRY**

**GRADE "A" VEAL**

**CHUCK ROAST** Lb. 35c

**SIRLOIN STEAK** Lb. 47c

**T-BONE or PORTER HOUSE STEAK** Lb. 49c

**PORK STEAK** Lb. 49c

**PORK ROAST** Lb. 49c

**AMERICAN CHEESE** Lb. 64c

**HOOP CHEESE** Lb. 66c

**DRESSED HENS** Lb. 50c

**SLICED CATFISH** Lb. 65c

**FRESH OYSTERS** Select Pt. 79c

**FRESH FRUIT & VEGETABLES**

**TEXAS ORANGES** 8 Lb. Bag 39c

**LETTUCE** Head 12c

**CARROTS** 2 Bchs. 15c

**Yellow Onions** 10c

**ENGLISH WALNUTS** Lb. 45c

**GRAPEFRUIT** TEXAS 10 Lb. 39c

**RED POTATOES** 10 Lb. 35c

**JONATHAN APPLES** 2 Lbs. 25c

**CELERY** Stalk 15c

**COCOANUTS** Lb. 15c

**Cauliflower** Lb. 17c

**BABY SIZE** Lb. 45c

**1/2 lb. 35c** **1/2 lb. 31c**

**Kroger**

**JUICY FLORIDA ORANGES**

Easier to Peel, Slice or Section. Full of Juice.

**8 lb. bag 45c**

**FRESH APPLES** Boxed Washington Red Delicious. Lb. 15c

**POTATOES** 10 Lbs. 39c

Washed, Selected Red Triumphs.

**COCONUTS** Lb. 17c

Fragrant, Sweet Meat.

**GRANBERRIES** Lb. Bag 45c

Tangy Tart

**FRESH GRAPES** Lb. 17 1/2c

Red Emperors.

**SPINACH** 2 Lbs. 15c

Home Grown, Fresh, Green.

**GRAPEFRUIT** Texas Marsh Seedless. Full of Juice.

**10 lb. bag 45c**

**Pure Preserves**

**VELVEETA CHEESE**

**GOLD MEDAL**

**PINTO BEANS** 2 Lb. Bag 43c

New Crop Dried

**TOMATO JUICE** 46 Oz. 28c

Libby's Value

**BARTLETT PEARS** No. 21 Can 43c

Country Club

**APPLE SAUCE** #303 Can 21c

Mott's Creamy

**HUMKO** 4 Lb. \$1.45

Shortening, Pound Pkg. 7c

**CHEF BOYARDEE** Box 32c

Spaghetti Dinner

**Why We Advertise Scarce Items**

Even tho we don't always have these items, we are getting regular shipments which are sent immediately to our stores. We list them in our ads so you'll know our prices WHEN AVAILABLE.

**Palmolive** Our Price When Available. Reg. 7c. Bar 7c.

**Palmolive** Our Price When Available. 2 Bath Bars 19c.

**Super Suds** Our Price When Available. Lge. Box 23c.

**Ivory** Our Price When Available. Med. Bar 10c.

**Wesson Oil** Our Price When Available. Pt. 48c. Bot. 94c.

**Snowdrift** Our Price When Available. 3 Lb. \$1.22.

**Country Club Strawberry** Lb. 55c

**Kraft Spread** 2 Lb. \$1.21

**Kitchen Tested Flour** 50 lb. bag \$3.19

**25 Lb. Bag \$1.64**

**Dried Prunes** 1 lb. pkg. 27c

**White Rice** 1 lb. box 12c

**Clapp's Strogan** 3 cans 25c

**Blue White** 6 oz. box 15c

**Cheezits** 6 oz. box 15c

**Waxed Paper** 100 yds. 21c

**FRESH IN THE WHOLE BEAN** 3 lb. bag 89c

**Beef Roast** Grade A Thick Rib Cut. Tender, Juicy, Tasty. Lb. 35c

**BACON** Lb. 69c

**Round Steak** Lb. 49c

**Short Ribs** Lb. 25c

**Rose Fish** Lb. 39c

**Fancy Fryers** Dressed and Drawn. Grade A. Lb. 65c

**Bulk Lard** Pure Refined While It Lasts Lb. 42c

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# Oklahoma Rule Halts Plan for Charity Game

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**IF YOU WANT TO TALK TURKEY**

**Thanksgiving SPECIALS**

**Cured HAMS** Lb. 63c

**Fresh Table Dressed HENS** Lb. 53c

**SALT MEAT** Lb. 55c

**PORK CHOPS** Lb. 59c

**PORK ROAST** Lb. 53c

**COUNTRY ROLL BUTTER** WILSON'S 87c

**SAUSAGE PURE PORK** Lb. 55c

**FRUITS AND VEGETABLES**

**EXTRA FANCY RED DELICIOUS APPLES** Lb. 14c

**TEXAS ORANGES** Doz. 60c

**FRESH CRISP LETTUCE** Lb. 13c

**CARROTS** Bunch 10c

**CELERY** Lb. 15c

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**Stuearts Gro & Mkt.**

209 South Walnut

WE DELIVER

Phone 447

**Johnnie Fair Syrup**

**FOR SWEETENING**

**COOKED WITH**

**JOHNNIE FAIR SYRUP**



## Control by United Nations Group Might Forestall Race to the Antarctic

If it is possible to place the relatively "free areas" of the world under United Nations control now, thereby establishing the first tiny islehold of world government in practice?

The question pops up immediately in consideration of the suggestion by Prof. Leo Gross, of the School of Law and Diplomacy at Tufts College, that such a step be taken to forestall a race for domination of that area.

So far, such claims as have been made by different nations to parts of the world beyond the Arctic circle are based on the discovery of land there. The United States has claimed a "stepped claim" in such areas, although they have been made in the names of various countries including the United States, France, Norway, and even Japan, Argentina and Chile claim some rights of continuity, and the British expedition which has been in the area for two years must meet at least a part of the U. S. contention that development and occupation, not discovery dates, are the important factors.

Prof. Gross infers that the suspected presence of uranium in Antarctica might make it a very difficult problem if its solution is left until vested interests are established. He does not mention the Arctic, although his argument would seem to apply equally well in an area which is under discussion because of its military location.

The gross plan would seem to be even more logical in connection with the attempt to give the United States control of the continent of atomic energy, if, as seems likely, the possibility of finding uranium outcrops in the generally unexplored regions of Antarctica, the U. N. might avoid the possibility of stepping in now instead of later.

In this field, Britain has submitted a tentative U. N. trusteeship agreement or "Jungian" which contains a clause reserving control of the country's mining.

The United States protests that equal trading rights should be allowed U. N. members in all areas under trusteeship. The division of opinion didn't seem to mean much until it was revealed that, although not yet found in workable quantities, pitchblende in the area contains uranium salts, thorium and other radioactive materials.

Since control of the sources of radioactive material is a part of the atomic control plan now being studied by the U. N., it is not impossible that such areas, which eventually come under international control, will play a particular role in already-established economies. It might start a pool of world government precedent into which the nations could one day turn themselves, as many believe they will have to do before atomic war would order can be established.

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Since control of the sources of radioactive material is a part of the atomic control plan now being studied by the U. N., it is not impossible that such areas, which eventually come under international control, will play a particular role in already-established economies. It might start a pool of world government precedent into which the nations could one day turn themselves, as many believe they will have to do before atomic war would order can be established.

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## Greece to Appeal to UN for Aid in Border Fighting

Athens, Nov. 20.—The foreign office announced today that it would appeal to the United Nations for assistance as a week-old battle in the Siro-Nissa sector saved across a connecting mountain road and hit-and-run raids continued at other points.

An army spokesman at Salonika said the fighting in the Siro-Nissa sector had been going on since the Greek army advanced troops from the border of Greece and Turkey.

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## Atlantic City Brings Gridders to Arkansas

By ED FITE  
Fayetteville, Nov. 20.—(UP)—There would seem to be little connection between the famed Atlantic City Miss and the University of Arkansas first book at a Southwest Conference football title in a decade.

The connecting link is Clyde senior season, and Allen Clift, a classic physique and a seven-foot-tall, 250-pound, 25-year-old play a bit of football.

The 25-pound kid from Smack, Ark., who last year had his name in the headlines at Arkansas as a senior, is now a member of the Arkansas football team.

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## Piggott Man Is Named Grand Master Mason

Little Rock, Nov. 20.—(AP)—John W. Hamilton, Piggott, was elected Grand Master of the Grand Lodge of Free and Accepted Masters of Arkansas today.

The election marked the closing session of the Grand Lodge's 103rd annual convention, which opened here last night.

Others elected were K. D. McNeely, Dermott, grand master, and Allen Clift, grand master, and Allen Clift, grand master.

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## OPA Increases Price of Sugar

Washington, Nov. 20.—(AP)—OPA increased the price of raw sugar today and notified housewives and other buyers it soon will boost the retail price of the refined product by about a half cent a pound.

The agency estimated the increase will add about \$50,000 to consumers' annual food bills.

The retail price boost will come when grocery stores get sugar refined from the higher-cost raw sugar.

OPA authorized an increase of 36.5 cents a 100 pounds for raw cane sugar and 40 cents a 100 pounds for semi-refined sugars.

It said the price hike, second in two months, was required under terms of the sugar buying agreement between the Commodity Credit Corporation and the Cuban government covering the 1944 and 1947 Cuban sugar crops.

This calls for an increase in the price paid for Cuban sugar in ratio to advances in this country's index of retail food prices.

It applied also to the price of domestically produced sugar, and included shipments from Hawaii and Puerto Rico, however, OPA said the new price increase corresponded drop in government subsidy payments on domestic sugar to maintain the calendar.

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